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KETTUNEN, Joni [FI/FI]; Haikantie 3, FIN-40900
Säynätsalo (FI). PULKKINEN, Aki [FI/FI]; Auvilanperä
3 B 7, FIN-40740 Jyväskylä (FI).

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(74) Agent: KESPAT OY; P.O. Box 601, FIN-40101 Jyväskylä
(FI).

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(71) Applicant (*for all designated States except US*): FIRST-BEAT TECHNOLOGIES OY [FI/FI]; Rautohjankatu 6, FIN-40700 Jyväskylä (FI).

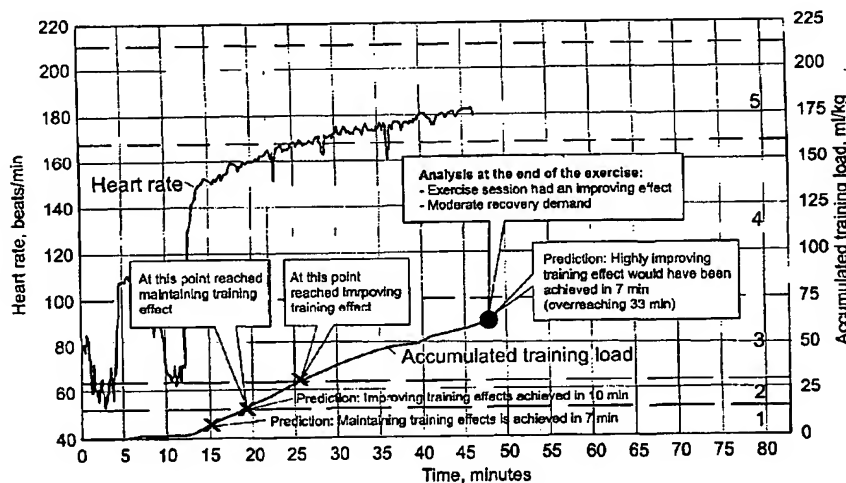
(72) Inventors; and

(75) Inventors/Applicants (*for US only*): SAALASTI, Sami [FI/FI]; Majajärventie 3 as 3, FIN-40600 Jyväskylä (FI).

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[Continued on next page]

(54) Title: METHOD FOR MONITORING ACCUMULATED BODY FATIGUE FOR DETERMINING RECOVERY DURING EXERCISE OR ACTIVITY



(57) Abstract: The invention relates to a method for determining accumulated body fatigue index (BFI), wherein one or more parameters from the measurement of one or more signals are obtained sequentially as input and these parameters are information on the intensity of physical activity. BFI has a predetermined initial value, and next BFI value is always a sum of BFI-value and a difference. The difference is combination of upslope and optional downslope components of BFI determined with the said parameters and the upslope component and the optional downslope component are each determined with a function, which is scaled by a preset physiological character.

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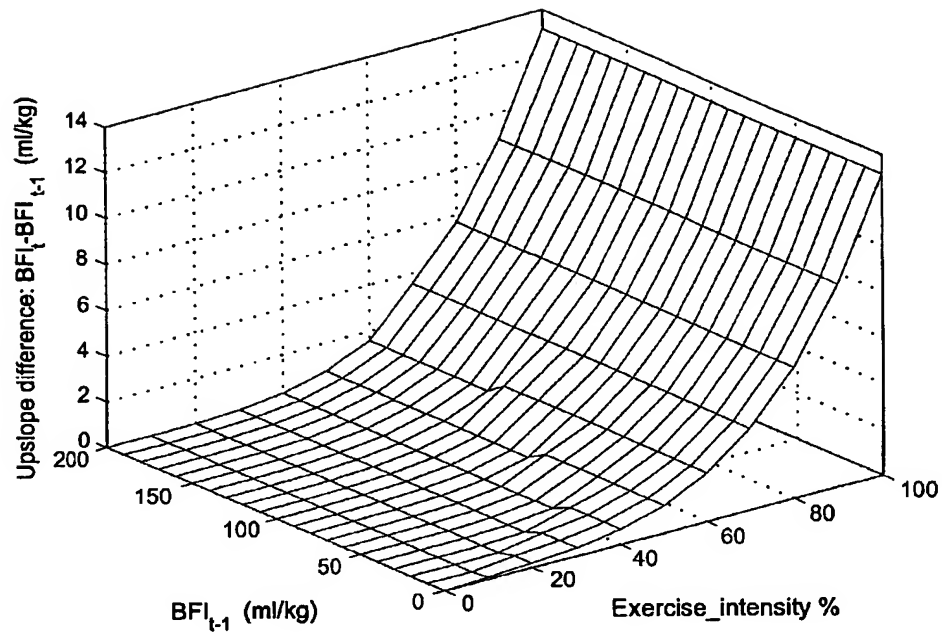


Fig. 1a

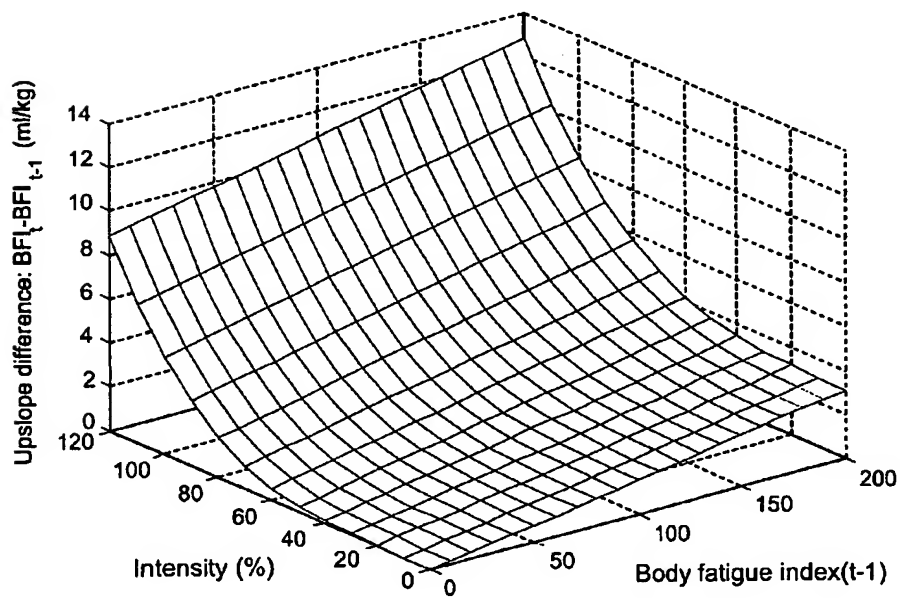


Fig. 1b

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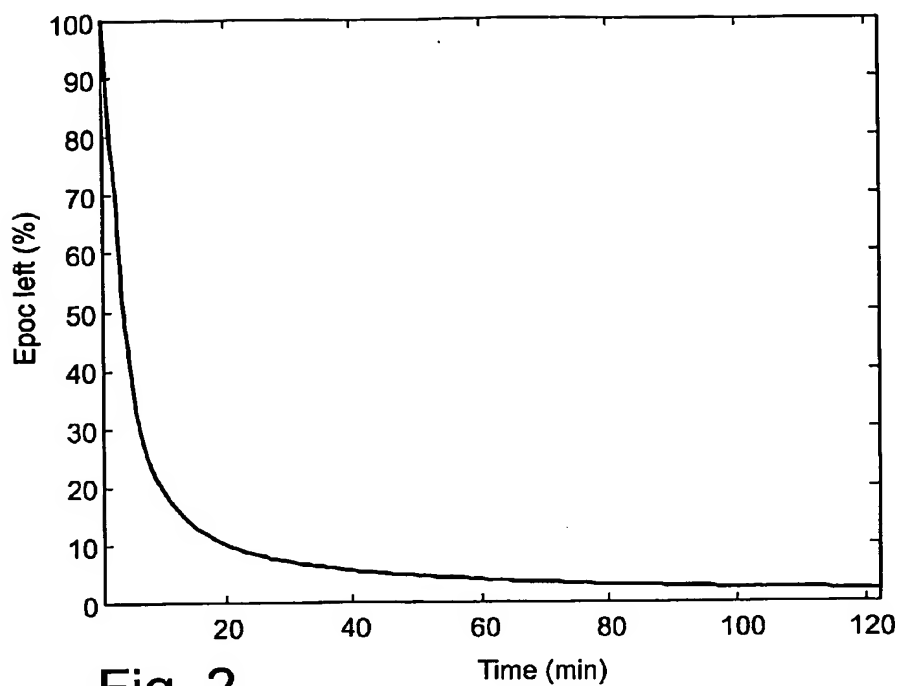


Fig. 2

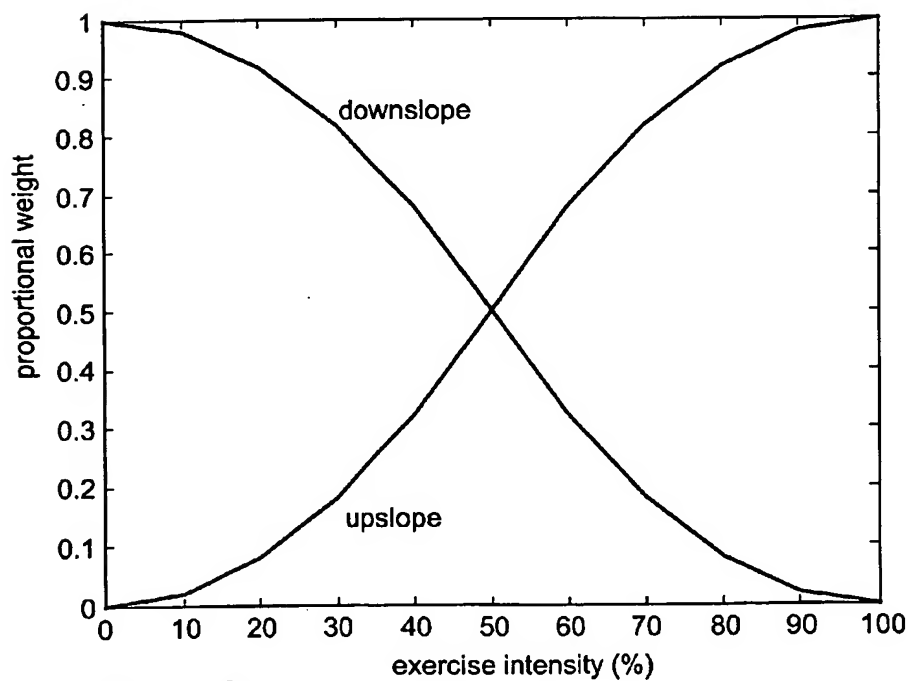


Fig. 3

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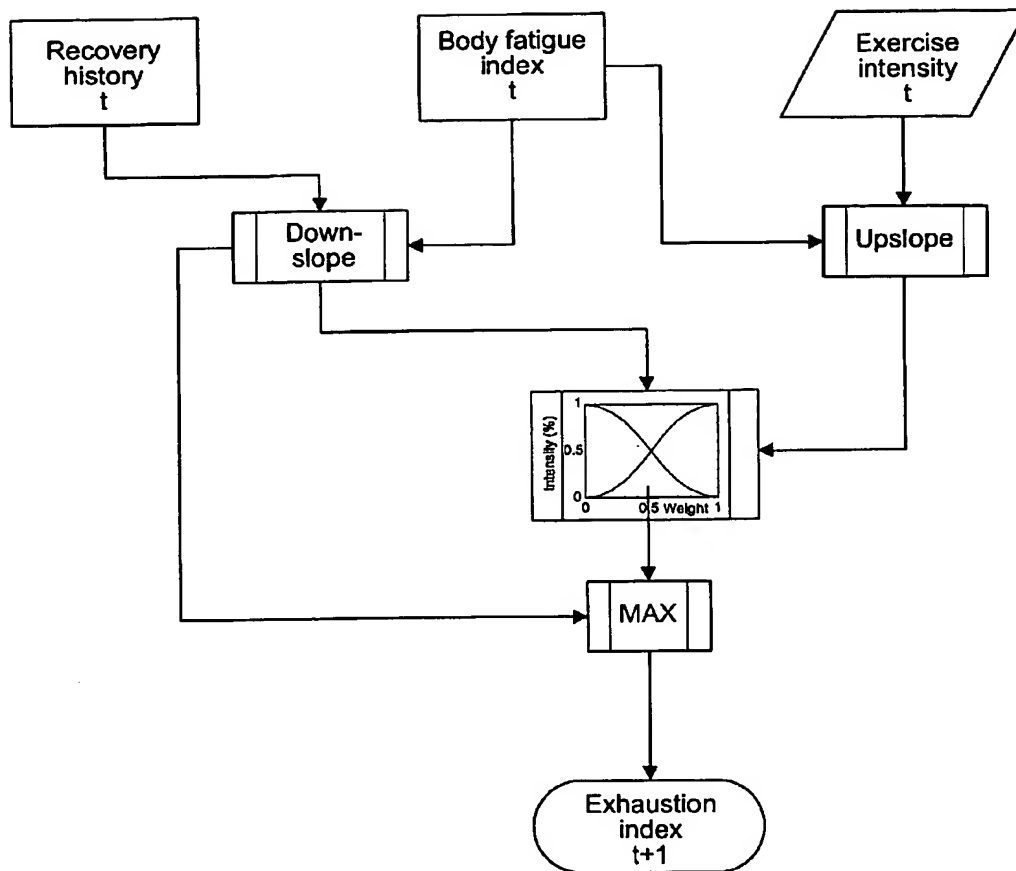


Fig. 4

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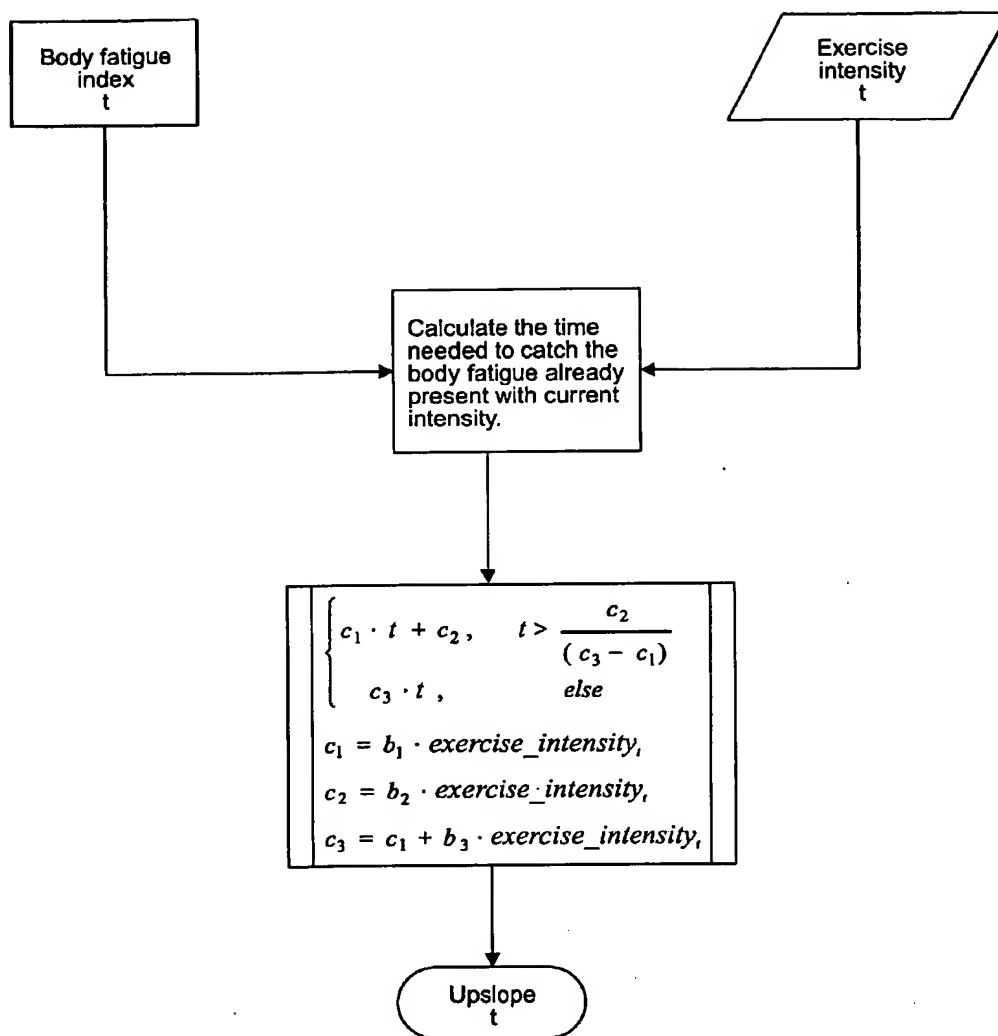


Fig. 5

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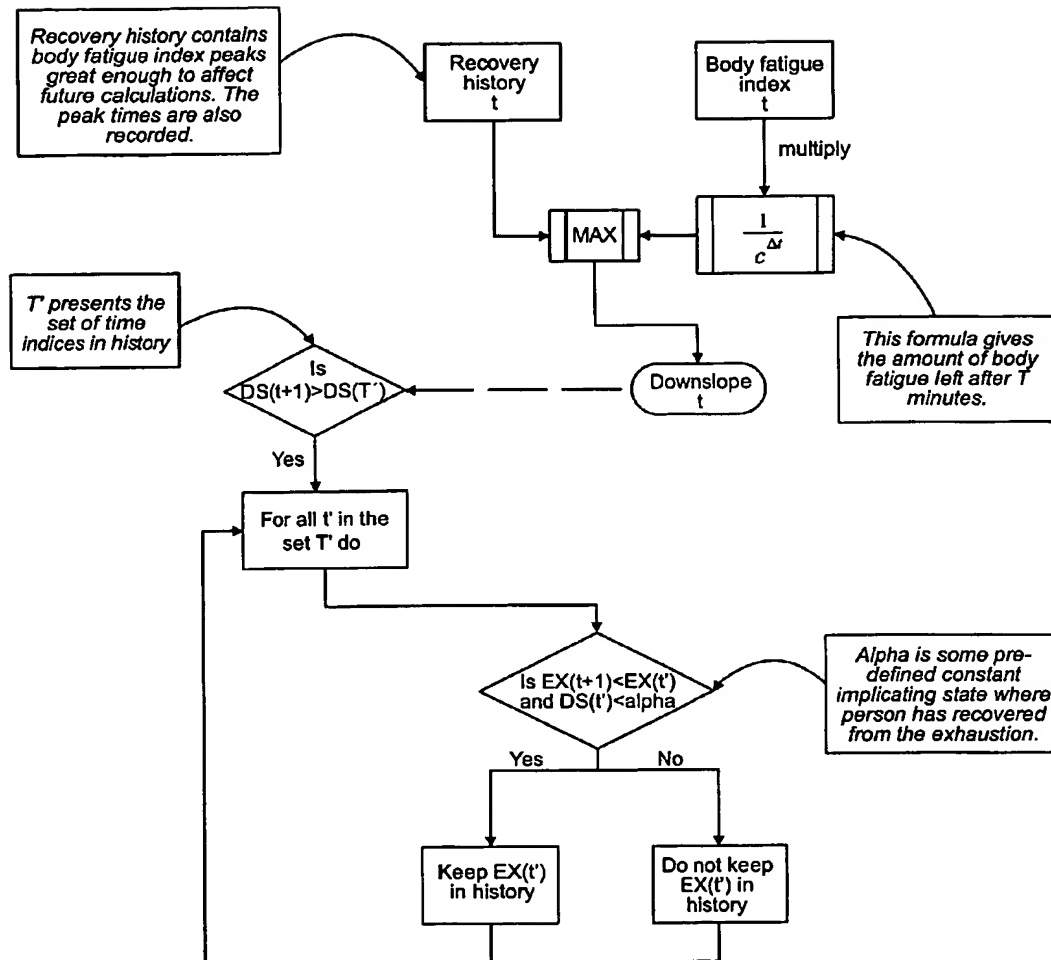


Fig. 6

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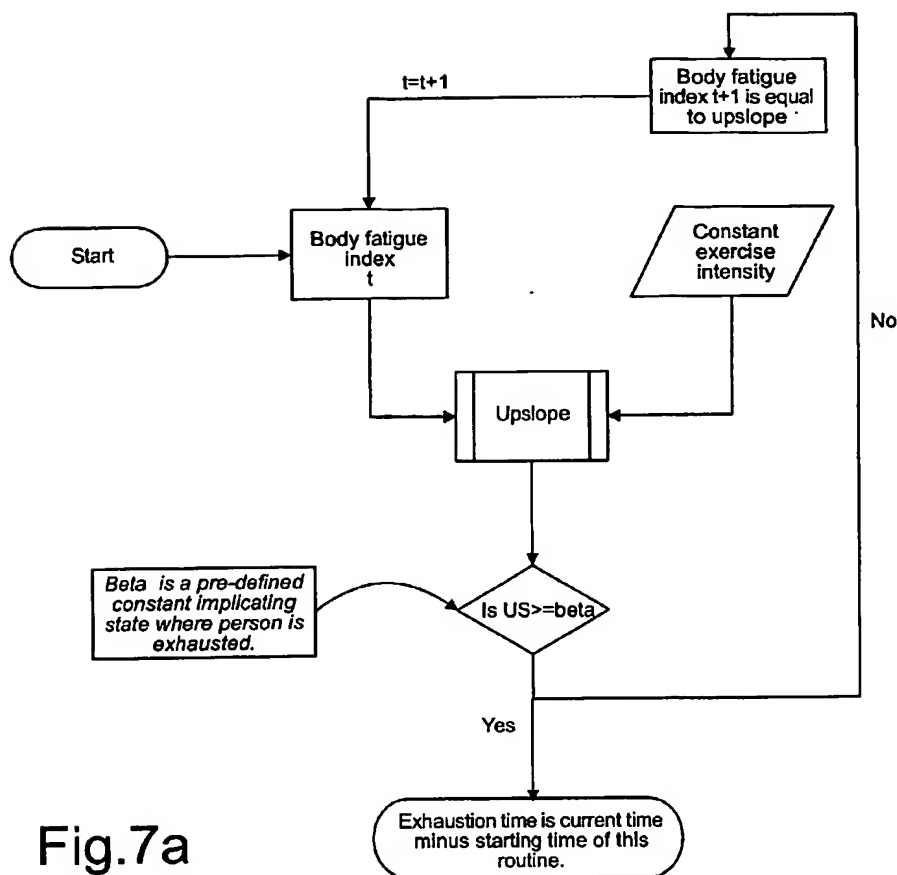


Fig.7a

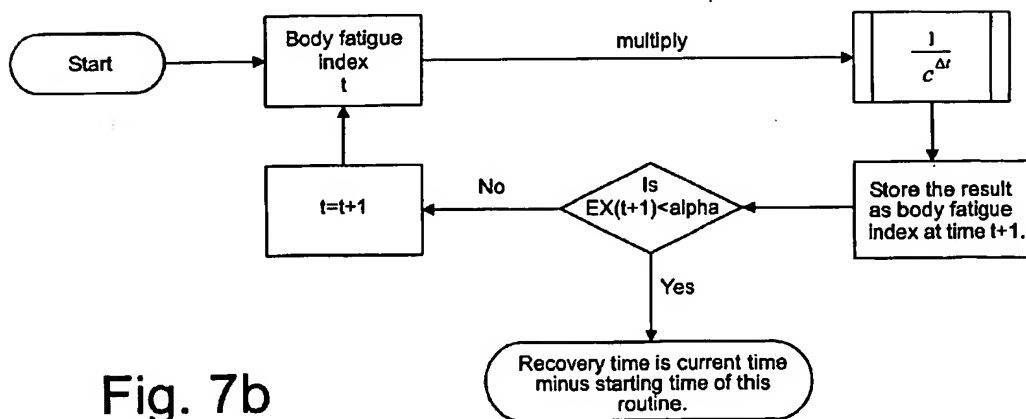


Fig. 7b

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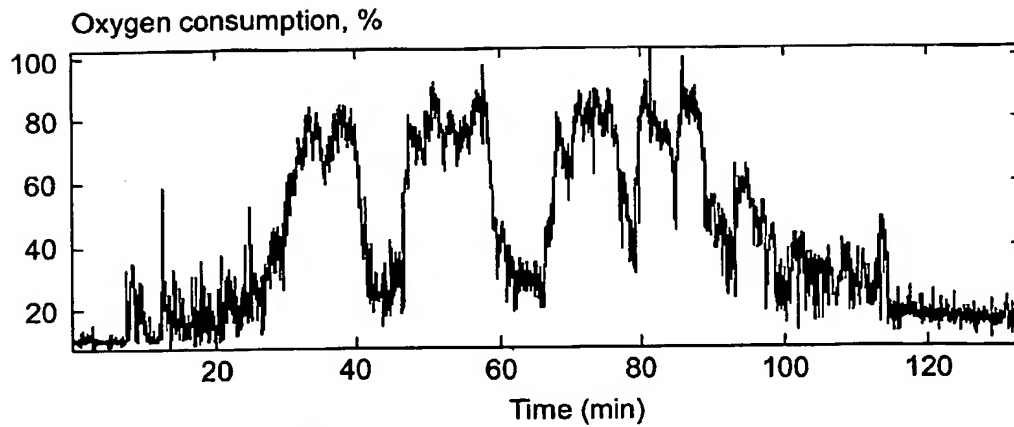


Fig. 8a

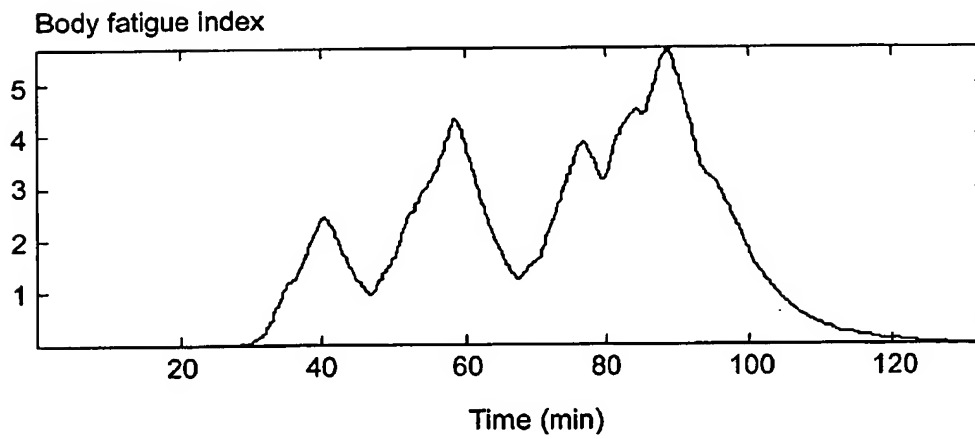


Fig. 8b

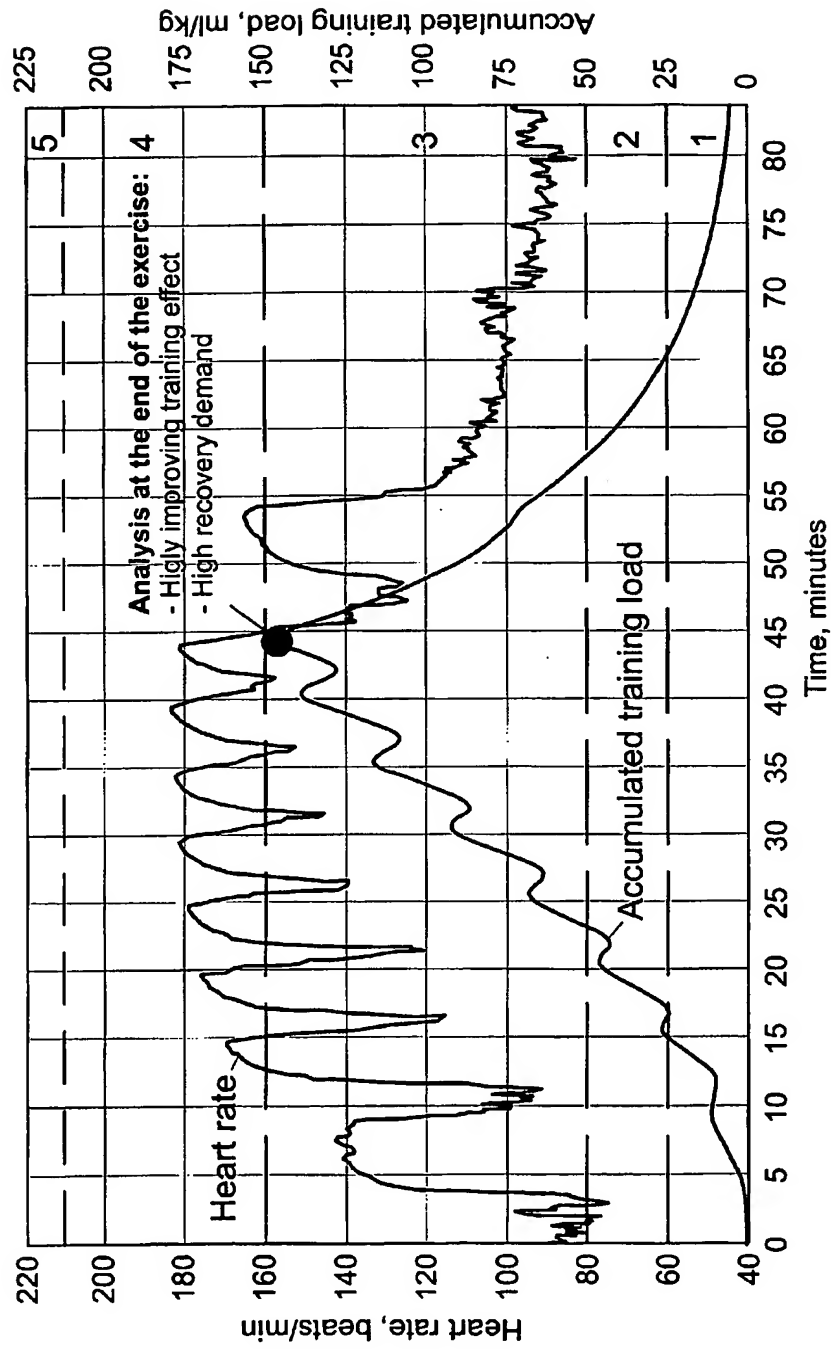


Fig. 9

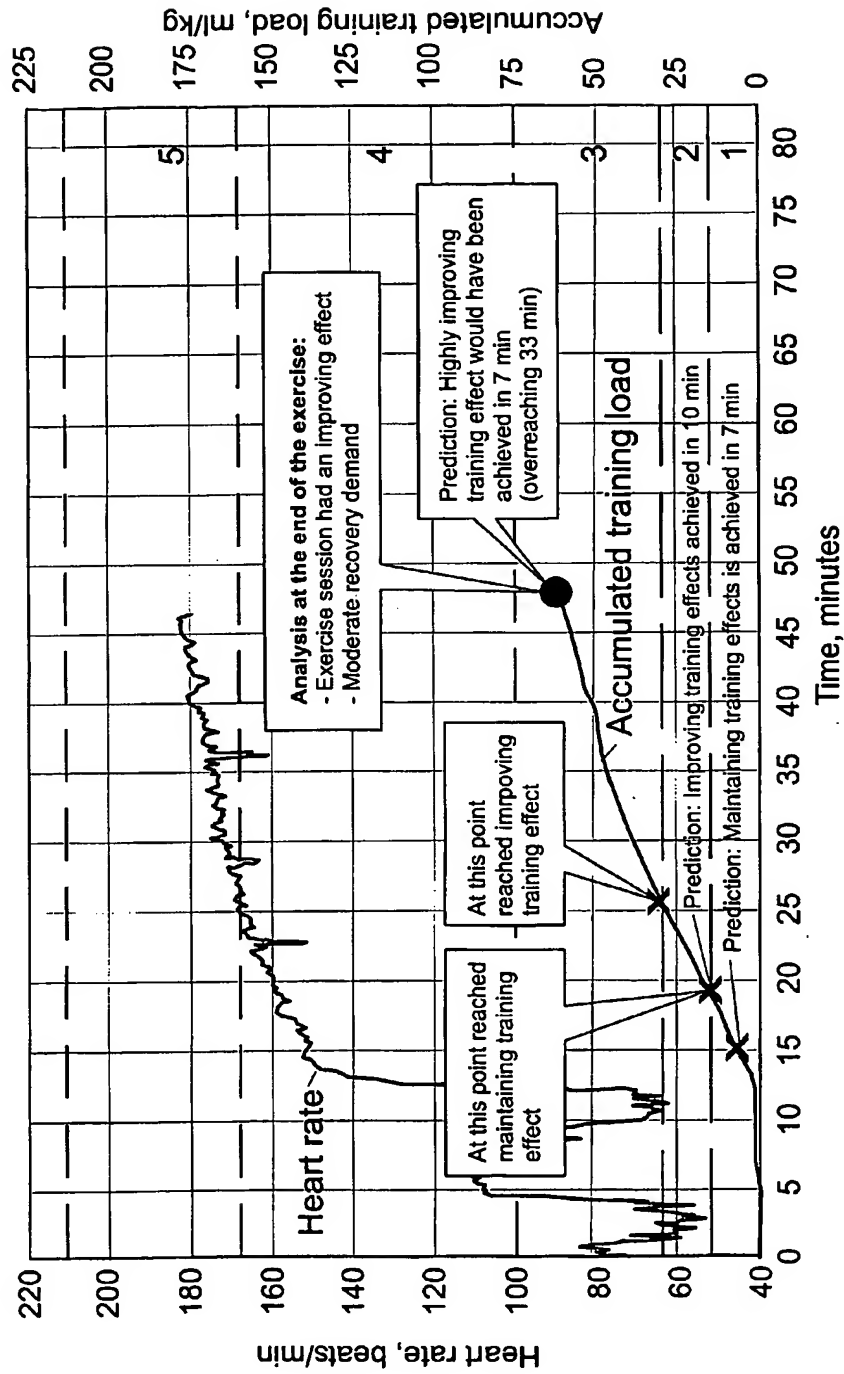


Fig. 10

INTERNATIONAL SEARCH REPORT

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A. CLASSIFICATION OF SUBJECT MATTER

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B. FIELDS SEARCHED

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Documentation searched other than minimum documentation to the extent that such documents are included in the fields searched

SE,DK,FI,NO classes as above

Electronic data base consulted during the international search (name of data base and, where practicable, search terms used)

EPO-INTERNAL, WPI DATA, INSPEC, MEDLINE, BIOSIS

C. DOCUMENTS CONSIDERED TO BE RELEVANT

Category*	Citation of document, with indication, where appropriate, of the relevant passages	Relevant to claim No.
X	US 4883063 A (BERNARD, T.E. ET AL), 28 November 1989 (28.11.1989), figure 1, abstract --	1-17
X	US 6104947 A (HEIKKILÄ, I. ET AL), 15 August 2000 (15.08.2000), figure 1, abstract --	1-17
X	US 5891044 A (GOLOSARSKY, B. ET AL), 6 April 1999 (06.04.1999), figure 5, abstract --	1-17

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Name and mailing address of the ISA/

Swedish Patent Office
Box 5055, S-102 42 STOCKHOLM

Facsimile No. +46 8 666 02 86

Authorized officer

Patrik Widerdal /mj

Telephone No. +46 8 782 25 00

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Swedish Patent Office

Box 5055, S-102 42 STOCKHOLM

Facsimile No. +46 8 666 02 86

Authorized officer

Patrik Widerdal /mj

Telephone No. +46 8 782 25 00